

LESSON PLAN

JANUARY 2004

COURSE TITLE: Aviation Rescue Swimmer
Course, Q-050-0600
Q-050-0602

CLASSIFICATION: Unclassified

LESSON PLAN NUMBER: 5.5

LESSON TOPIC: Secondary Survey

ALLOTTED LESSON TIME: 1.5 Classroom
6.0 Laboratory

INSTRUCTIONAL SUPPORT:

1 Classroom Instructor
1 Laboratory Instructor
Additional instructors as required per
Annex E, Staffing Requirements, of
Curriculum Outline

INSTRUCTIONAL REFERENCES:

1. NAVEDTRA 13119, Standard First Aid
2. NAVEDTRA 14295, Hospital Corpsman Manual
3. National Diver's Alert Network
Underwater Diving Accident Manual
4. Brady, Emergency Care 9th Edition

TERMINAL OBJECTIVE:

Partially supported by this lesson topic:

- 4.0 Upon completion of this unit of instruction, the student will identify and treat medical emergencies using approved SAR medical equipment, as per NAVEDTRA 14295 and NWP 3-50.1 manuals, without injury to personnel or damage to equipment.

Enabling Objectives:

Completely supported by this lesson topic:

- 4.9 List procedures for a secondary survey.
- 4.10 Demonstrate secondary survey procedures in a mock trauma (Moulage) scenario.

CRITERION TEST: Job sheet Unit 5.0

HOMEWORK: None

INSTRUCTIONAL AIDS

1. Trainee Guide
2. Contents of Level "A" Medical Kit
3. Rescue Litter
4. Moulage Kit
5. CPR Mannequin

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

INTRODUCTION:

A. Establish Contact

Display name and lesson topic.

1. Introduce self, give rank, current job.
2. State background, schools, duty stations, etc.
3. State question and answer policy.
4. Reiterate the TTO policy.
5. Ask the following questions:
 - a. Has anyone gone to the hospital/branch clinic for treatment within 24 hours, and are you taking any medications?
 - b. Has anyone taken over-the-counter medications within 24 hours?
 - c. Are there any potentially disqualifying illnesses/conditions for which you are currently being evaluated?

Refer questionable cases to department medical representative for disposition.

B. State Lesson Objectives

Turn to cover page of Lesson Plan and paraphrase objectives.

C. Establish Readiness

Establish importance and relevance of lesson material using personal experience or anecdote.

1. Motivating Statements

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 2. Lesson Overview
 - a. Lesson Topic: Secondary Survey
 - b. Major Teaching Points:
 - 1) Secondary Survey
 - 2) Shock positions
 - 3) HAC Report
 - 4) Reassessment

Briefly outline material to be covered.

PRESENTATION:

A. Secondary Survey:

- 1. The Secondary Survey is to be conducted upon completion of the Primary Survey in an in-water rescue situation or once the survivor has been transported to the rescue vehicle in an overland SAR situation.
- 2. Examine the survivor from head to toe by physically touching the body. Visually inspect all body surfaces using a Mini Maglight before palpating and squeezing the body part.
- 3. Remove all of the survivor's clothing to ensure a thorough assessment. If needed, cover the survivor with a blanket and expose only the areas necessary to complete the survey yet not chill the survivor.

Explain that there is no break in between the Primary and Secondary if both are performed in the rescue platform.

Explain

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

4. Rip or cut clothes along a seam to expose injuries.

NOTE

During the Secondary Survey, treat all non life-threatening injuries and burns; and perform splinting as required.

- | | |
|---|-------------|
| a. Head: | Demonstrate |
| 1) Look for obvious depressions and bleeding around all areas of the head. | |
| 2) Gently feel for lumps and soft spots. | |
| b. Eyes: | Demonstrate |
| 1) Look for foreign matter, unequal pupils, eye movement, and pupillary reaction to the light. | |
| 2) Look for swelling, deformity, and bruising around the eyes. (Raccoon Eyes - indicates a possible base skull fracture). | |
| c. Ears: | Demonstrate |
| 1) Look for blood or cerebrospinal fluid flowing out. | |
| 2) Look for bruising behind the ears. (Battle Signs - indicates a possible base skull fracture). | |

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

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|--|-------------|
| d. Nose: | Demonstrate |
| 1) Look for blood, fluid, or airway obstruction. | |
| 2) Look for burned nose hairs. | |
| e. Mouth: | Demonstrate |
| 1) Look for foreign objects. | |
| 2) Amputated tongue or bleeding in the mouth. | |
| 3) Fractured or displaced teeth. | |
| 4) Anything that can cause an airway obstruction. | |
| f. Neck: | Demonstrate |
| 1) Deviated Trachea or bleeding. | |
| g. Chest: | Demonstrate |
| 1) Starting at the shoulders, look and palpate across shoulders, collarbones, and sternum. | |
| 2) Palpate for any broken ribs in front and in back. | |
| h. Abdomen: | Demonstrate |
| 1) Look for obvious bruising and swelling. | |

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- | | |
|---|-------------|
| 2) Palpate for tenderness or rigidity, unless an obvious injury is present. If bruising is present, note it and move on. | |
| i. Pelvis: | Demonstrate |
| 1) Gently squeeze hips to check for deformity or fractures. | |
| 2) If a pelvic fracture is suspected and has not been splinted, splint at this point. | |
| j. Arms: | Demonstrate |
| 1) Cut and remove clothing. | |
| 2) Look and feel for broken bones, deformity and swelling. | |
| 3) Have the survivor simultaneously squeeze your fingers with both his hands to check for equal strengths and sensations. | |
| 4) Do not check for strengths if a fracture is suspected. | |
| 5) If a splint is required, perform splinting of the extremity as you come to it. | Explain |
| k. Legs: | Demonstrate |

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 1) Cut and remove clothing.
- 2) Look and feel for broken bones, deformity and swelling.
- 3) Have the survivor simultaneously push against your hands (AKA: GAS PEDALS) with both feet to check for equal strengths and sensations.
- 4) Do not check for strengths if a fracture is suspected.
- 5) If a splint is required, perform splinting of the extremity as you come to it.

Explain

1. Back:

Demonstrate

- 1) In an in-water rescue situation, if bleeding from the back is identified, log roll the survivor and examine for any abnormalities. Treat appropriately.

Explain that survivor will already be in litter at time of Secondary assessment.

B. Shock position: treat for the worst injury.

1. Traditional - Use this shock position unless injuries preclude it.
2. Flat - Used for head or eye injury; flail chest; internal bleeding (bruising) of the torso, abdomen, or pelvis.
3. Knee(s) bent - Used for something going into or coming out of the abdomen. May utilize one knee bent if a fracture exists in the other leg.

Demonstrate

Demonstrate

Demonstrate

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 4. Side down -
 - a. Left side down - Used for compressed air injuries and a left side open or closed chest wound.
 - b. Right side down - Used for a right side open or closed chest wound.

Demonstrate

- 5. Semi-seated - Medical emergencies such as: heart attack, stroke, or shortness of breath.

Demonstrate

C. Helicopter Aircraft Commander (HAC) Report: used to inform the HAC of the survivor's condition. Pertinent information to be passed on to the medical facility should include:

- 1. Approximate age.
- 2. Gender.
- 3. Level of Consciousness (fully, semi, or unconscious).
- 4. Approximate weight.
- 5. What happened; Victim of a --- (describe the incident).
- 6. List of injuries, starting from the head, include cervical collar (if applied), state if CPR or Rescue Breathing was performed, state the injury, bandage applied, and splint used.
- 7. Pulse - Initial and others if taken.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

8. Shock Position
9. List of any known allergies.
10. Any medication taken.
11. Blood Type (A+,A-,B+,B-,AB+,AB-,O+,O-).

NOTE

If allergies, medications, and/or blood type are not known, state that they are **"not known."** Do not say **"no kown."**

Explain

Example

I have a 21 year old unconscious male, approximately 175 pounds, victim of a helicopter crash, injuries are as follows...; allergies are (list, if any), patient is on (list medication, if any), Blood type is, breathing is (quality and rate), pulse is (quality and rate), currently in (shock position).

- D. Reassessment: you should reassess your survivor's condition every 5 minutes (at a minimum) until arrival at a treatment facility.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY:

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION: None

EVALUATION: Job Sheet Unit 5.0

ASSIGNMENT: Review attachments